

CALPE SCHOOL

Monday 5th November - Friday 30th November

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|----------------------------------|--|---|
| 5 th - 9 th November | MEAT FREE MONDAY Vegetable paella. | Meatballs in tomato sauce & rice sautéed with garlic. | Chicken, vegetable & lentil pie. | Ham & cheese Carbonara with peas & sweet corn. | Fresh breaded chicken with buttered mash potato & steamed broccoli. |
| | Buffet Salad. | Buffet Salad. | Buffet Salad | Buffet Salad | Buffet Salad |
| | Fruit/Dessert Fresh bread. | Fruit/dessert Fresh bread | Fruit/dessert Fresh bread | Fruit/dessert Fresh bread | Fruit/dessert Fresh bread |

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|------------------------------|------------------------------|--|
| 12 th - 16 th November | Shepherd's Pie with lentils, courgettes & carrots | Tortilla & baked beans Cooked ham & English cheddar | Chicken, carrot & leek bake | Spaghetti Bolognese | Chicken and vegetable Casserole with basmati rice. |
| | Buffet Salad | Buffet Salad | Buffet Salad | Buffet Salad | Buffet salad. |
| | Fruit/ dessert Fresh Bread | Fruit/ dessert Fresh bread | Fruit/dessert Fresh bread | Fruit/dessert Fresh bread | Fruit/dessert Fresh bread. |

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---------------------------------------|---|--|------------------------------|--|
| 19 th - 23 rd November | Macaroni Cheese, sausages & sweetcorn | Chicken & vegetable fricassee with sauté potatoes | Pizza, tuna or ham with grated carrots, apples & sultana salad | Lasagne | Fresh fish fillets & chips with mixed peas & sweetcorn |
| | Buffet Salad | Buffet Salad | Buffet Salad | Buffet Salad | Buffet Salad |
| | Fruit/dessert Fresh bread | Fruit/dessert Fresh bread | Fruit/dessert Fresh bread | Fruit/dessert Fresh Bread | Fruit/dessert Fresh Bread |

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--------------------------------|--|
| 26 th - 30 th November | MEAT FREE MONDAY Vegetable noodle stir fry. | Meat stew & vegetable stew with basmati rice. | Tortilla & baked beans Cooked ham & English cheddar | Beef & mixed vegetable risotto | Tuna 'Arrabiata' with penne. Cooked ham & English cheddar |
| | Buffet Salad. | Buffet salad. | Buffet Salad | Buffet Salad | Buffet Salad |
| | Fruit/Dessert Fresh bread | Fruit/dessert. Fresh Bread | Fruit/ dessert Fresh bread | Fruit/dessert Fresh Bread | Fruit/dessert Fresh bread |